

Enjoy and Achieve Programme
Training for Parents
Children's Centres
July 2013 to March 2014



THE ROYAL BOROUGH OF
**KENSINGTON
 AND CHELSEA**

www.rbkc.gov.uk/earlyyears

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WELCOME

WELCOME

Welcome to our 2013/14 Enjoy and Achieve Programme, I hope you will find one or more activities for you as well as for you to do along with your child/ren.

This programme is for all parents/carers of children aged five who live in the Royal Borough. You must register to become a member, registration is simple – by filling out our simple registration form. It is very important that you are registered as this will help us to ensure our families have priority access to our services.

Please see our eligibility criteria below to check whether you can register with us.

ELIGIBILITY CRITERIA

To be eligible for a place on one of our courses you must meet one of the following criteria:

- Be a parent or carer of a child under 5 who is resident in RBKC
- Be a pregnant woman or the partner of a pregnant woman who is resident in RBKC
- Be an RBKC registered childminder
- Be the nanny of a child who is resident in RBKC
- Be the parent or carer of a child who is accessing education or childcare in an RBKC Children's Centre
- Be a registered member of our Children's Centres

NB: You can book onto a **maximum of three** Enjoy & Achieve courses each term across the borough.

Bookings can only be made at the centre where the course is running.

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Courses with the following sign © have a crèche provided.

HOW TO BOOK A PLACE ON THE COURSES

If you would like to enrol in any of these courses, please contact the Children's Centre where the course is taking place.

You will need to complete a booking form and a crèche form if your child/ren are using the crèche.



For more information and updates please follow us on Facebook **RBKC Children's Centres**

CONTACT INFORMATION AND VENUES

NORTH LOCALITY	1	Clare Gardens Children's Centre	349 Westbourne Park Road, W11 1EG	020 7727 2725
	2	Golborne Children's Centre	2a Bevington Road, W10 5TN	020 8968 5622
	3	Holmfield House	4 - 6 Golborne Road, W10 5PE	020 7938 8400
	4	Maxilla Children's Centre	4 Maxilla Walk, Kingsdown Close, W10 6NQ	020 8962 3070
	5	St Quintin Children's Centre	90 Highlever Road, W10 6PN	020 8968 2580
SOUTH LOCALITY	6	Chelsea Open Air Nursery School and Children's Centre (COA)	51 Glebe Place SW3 5JE	020 7352 8374
	7	Cheyne Children's Centre	10 Thorndike Close SW10 0ST	020 7349 1650
	8	St. Cuthbert with St. Matthias CE Primary School and Earl's Court Children's Centre (SCWSM)	Warwick Road SW5 9UE	020 7373 8225
	9	Violet Melchett Children's Centre	30 Flood Street SW3 5RR	020 7938 8621
	10	World's End Under Fives	18 Blantyre Street SW10 0DS	020 7351 5871

BACK TO WORK

Do you want to make or save money, encourage your child to read more, fundraise for your child centre or school or help save the planet? Or do you just hate waste? Then School Swap is for you!

So what exactly is SCHOOL SWAP? Well, in a nutshell, SCHOOL SWAP is a two-in-one website for parents and their children:

1. a safe and secure swap zone for school children to swap their books and dvds with one another and
2. a zone for parents and carers to sell and buy all those family items, which are no longer needed but are too good to throw or give away, with other like-minded parents across RBKC. From babywares to bicycles and school uniform to sports equipment. The list is endless!

SCHOOL SWAP is designed to save you, the Parent, money. There are NO subscription fees, postage, delivery or listing costs. It is designed by busy parents for busy parents and is simple, quick and easy to use.

We hope you like the idea of School Swap and all that it has to offer you. Please take the time to visit our website at www.schoolswap.co.uk and find out more. If you have any questions or would like further information, please contact us at info@schoolswap.co.uk



Swap before you shop™

Children's Centres Annual Events

We hold borough wide events each year with the aim to:

- encourage existing and new families to find out about Children's Centres
- give families the opportunity to give us feedback on the services we offer
- to celebrate the achievements of families accessing children's centres.

Play Day – a fun day in the park. Face painting, arts and crafts, bouncy castle, Music and dance. Information and advice as well as an opportunity to complete a Children's Centre registration form.

Emslie Hornimans Park Bosworth Road, W10 5EH	Friday	12-4pm	16 Aug 2013
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Nursery Carnival – get dressed up and join this fun family event. An opportunity for children and families to experience some of the magic of Notting Hill Carnival. Steel Bands, Competitions and Costume parade.

Kensington Memorial Park St Mark's Road, W10 6BZ	Monday	1-4pm	12 Aug 2013
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Children's Centre Consultation Coffee Morning – please check our facebook page for dates and venues (October and February).

International Women's Day: March 2014 (venue and date to be confirmed)

WE LISTENED TO YOU

We would like to thank all those parents who completed the Enjoy and Achieve Consultation during May 2013, we have listened to what you told us and hope you will each find activities within this programme that will support you and your family to make progress against our desired outcomes below:

- Enable parents to understand and support their **child's development and school readiness** – supporting personal, social and emotional development, physical development and communication and language from pre-birth to age 5, so children can develop as confident and curious learners and are able to take full advantage of the learning opportunities presented to them in school
- To develop and improve **parenting aspirations and parent skills** - building on strengths and supporting aspirations, so that parents and carers are able to give their child/ren the best start in life.

You will be able to pick up a copy of the report as well as copies of our evaluation reports in your children's centre from September 2013 or download a copy from our website www.rbkc.gov.uk/earlyyears

You told us you would like to attend an Information session so you can find out more about Children's Centres: we have introduced Welcome Sessions in both localities.

You told us that to support your child become school ready you would like classes to help you understand your child's development, parenting classes, childcare courses.: We have developed our School Ready programme along with a range of manuals and resources to help you understand your child's development. We are continuing to run Parenting Programmes each term (you will find more information in our Activity Calendar).

You told us that the activities you would like to do with your child are; Arts, crafts and messy play, preparation for school classes, drama, dancing. We are introducing Stay and Plays at St Quintin, Clare Gardens and Holmfield House, so eight of our nine centres will offer Stay and Play where you will be able to access messy play and our school ready programme.

You told us assertiveness classes, massage, father and child swimming are activities you would like to support you and your

family to have good emotional health: we will continue to offer Assertiveness training, Counselling training, father and child swimming. One of our parents who is a qualified Masseur will be offering Massage at our Saturday sessions and at Destiny's salon.

You told us First Aid training, cook and taste, yoga and football training are activities you would like to support you and your family to have good physical health. We will continue to offer our one day first aid training course, we have increased the number of cook and taste courses we offer and will continue to offer the father's football team.

You told us that Business Start up, Childcare Advice, Interview skills, CV workshops, Life Coaching and Confidence Building are activities you would like to support you to achieve your personal goals. We have introduced the What Next programme offering life coaching, at these sessions you can also access childcare advice. We are working closely with Kensington and Chelsea College and Paddington Development Trust to provide a wider range of Back to Work Support, including interview skills, training and CV workshops.

You told us that mother and child sessions, weekend activities, mother/female groups, film/book club are activities that would help you to feel comfortable to use children's centres as a community resource and hopefully make new friends: We will be opening two centres on a Saturday once a month offering activities for the whole family. We will continue to provide access to the Portobello Film Festival during August and September as well as provide family film sessions during half terms. We have two new women's only projects Women's Circle to create a network of local women, supporting each other in pregnancy, birth, early motherhood and beyond and the Motherhood Exhibition delivered by Kensington Mums.

You told us you would like more Back to Work We are very pleased that our Back to Work programme continues to provide the support parents and carers need to return to work. The programme has been running successfully for three years and has supported over 150 adults into Work, Volunteering or Self Employment.

While we have not been able to provide all that you requested, we hope that you will agree the programme reflects your main requests and is varied and interesting.

Next Steps

Are you stuck? Wandering what to do next? Back to work? Training? Set up your own business? Travel? If you are struggling to decide what to do next and would like to discuss your goals and ambitions as well as the barriers that may be preventing you taking the NEXT STEP's in your life. Mr Sat Nav may be able to help, he can also point you in the right direction if you need help with issues such as Housing, Childcare, Lifestyle etc.

This is a drop in session, so you may have to wait to be seen. If your time is limited please ring the children's centre to make an appointment.



Holmfield House	Fridays	10am-12pm	13 Sep 2013 - 28 Mar 2014
Cheyne	Fridays	1-3pm	13 Sep - 20 Dec 2013
Chelsea Open Air	Fridays	1-3pm	17 Jan - 28 Mar 2014

Meet two of the many mums that successfully completed our Mumpreneur course last year

I have schooled, worked and lived in RBKC for some 33 years and am incredibly proud of my community. I have worked as a games teacher focusing on football at Sussex House School for the last 15 years and have previously been a youth worker at the Harrow Club. After the birth of my son I have concentrated on family life, school work and now fulfilling my potential to run a successful business.

Through the Enjoy and Achieve programme I have gained the confidence to "give it a go" (thanks Mr Sat Nav)

I come from a mixed large family with a love for art, music and dressing up. It has been this influence that has led to the development and concept of "Cheesy Face."

The business offers a spontaneous service, currently a pop up on Portobello Road, providing customers quintessentially British Costumes including Beefeaters, Queen's Guard, Sherlock Holmes (and a modern twist, Banksy) for hire and the opportunity to take a photograph with different props and backdrops. It is fun, a bit different and focuses on the character of Portobello Road encompassing my British heritage in an awesome setting.

I would love to expand Cheesy Face concentrating on a family clientele. I believe the business would benefit from children's real sense of fun to "dress up". Cheesy Face allows users to be creative whilst accessing network sites like Instagram.

I hope I have captured your imagination!



Karina, Cheesy Face

Tip and Dip Acrylic ©

This course will enable you to competently produce a full set of acrylic nail extensions and charge for your service. The course will guide and focus you specifically on your practical skill rather than pressing you to pass written examinations. On completion of your nail course you will have the knowledge, the ability and the confidence to produce a full set of acrylic nails.

Holmfield House	Friday	10am-3pm	22 Nov 2013
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Indian Head Massage ©

At the end of this one-day course you will be able to perform a relaxing and soothing Indian Head Massage on others. You could use it to practise on friends and family. It is based on the traditional form of Champi (head massage) practised in India for over 1,000 years. Indian Head Massage is a wonderfully relaxing therapy. The massage is safe and effective to give without the need to undress or use oils.

Indian Head Massage can provide relief from neck and shoulder tension, stress, sleep problems, low mood or emotional conditions. It is a wonderfully comforting treatment and will rebalance your energy flow which will give you a deep sense of peace, calm and tranquillity.

St Quintin	Friday	10am-3pm	21 Feb 2014
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DESTINY'S BEAUTY SALON ©

Was developed and set up by six mothers who took part in our Women into Business Nail and Beauty Programme in 2012 and 2013. The salon is fully functional offering a range of beauty treatments including manicure, pedicure, acrylic nails and massage. All treatments are competitively priced, and there is a free crèche so you can relax and enjoy your special treatment.

All the beauty therapists at Destiny's offer their services voluntarily, in return they gain valuable real life work experience including customer service, bookkeeping, applying treatments, stock control and managing a salon.

First **Friday** of every month
from **10am to 3pm:**

04 Oct 2013, 01 Nov 2013, 06 Dec 2013
07 Feb 2014, 07 Mar 2014



Welcome Sessions

Come along to this informal welcome session, enjoy a cup of tea, a slice of cake and meet other local parents. Spend some time enjoying a play session with your child/ren while finding out about your local children's centres.

The welcome session will be delivered by a member of the Children's Centre staff team and a local Parent Volunteer. They will give a short presentation on what our children's centres offer? How to register as a member of our centres? You will find out about all the different services on offer and how you can access professional support if and when you need it.

Holmfield House	Wednesday	10am-12pm	30 Oct 2013
Cheyne	Thursday	10am-12pm	31 Oct 2013
Holmfield House	Wednesday	1-3pm	19 Feb 2014
Cheyne	Thursday	10am-12pm	20 Feb 2014

Summer University

'School Ready' is a term you may have heard quite a lot in the press or on the TV. This six session programme is for children aged 3 and 4 years with their parents/carers. The programme focuses on the skills you and your child will need in order to settle successfully into Nursery or School life. The programme covers self care skills like hand washing and going to the toilet by themselves. The programme will offer practical techniques to help you develop your child's emotional strength, coping with separation, making friends and developing their self esteem and communication skills. The sessions are fun and relaxed, they are offered at the weekend so working parents are able to attend

Holmfield House	Saturday, Sunday, Monday	1:30-3:30pm	27-29 Jul 2013 03-05 Aug 2013
Cheyne	Saturday, Sunday, Monday	10am-12pm	27-29 Jul 2013 03-05 Aug 2013

Summer University Graduation

During the Summer University programme parents and children will be set tasks and activities to complete during the summer period. They will be invited back to the graduation event to show off their newly gained skills and be rewarded for their efforts during this Graduation ceremony.

Holmfield House	Sunday	1:30-3:30pm	01 Sep 2013
Cheyne	Sunday	10am-12pm	01 Sep 2013

EYFS Academy

As part of our School Ready Programme we are pleased to launch our Early Years Foundation Stage (EYFS) Academy. This programme will be delivered in four week modules throughout the academic year (October, January and May). During each four week module you and your child will be guided through our curriculum to support your child to learn and develop well. The aim of the academy is to promote teaching and learning to ensure your child's 'school readiness' and the broad range of knowledge and skills that provide the right foundation for good future progress through school and life.

The academy seeks to support your child to develop as a unique child, who is constantly learning and can be resilient, capable, confident and self-assured.

During module one we will work with you and your child to review their current progress against our Baseline Assessment to identify your child's strengths and any areas where specific support is needed. Each child will have a targeted plan that will be reviewed each term. Each of our centres offering the Academy will have a chosen specialist area:

St Quintin - Personal, Social and Emotional development

Violet Melchett - Mathematics

Holmfield House - Physical Development

St Cuthbert's - Literacy

Clare Gardens - Communication and Language

Cheyne - Personal, Social and Emotional development

St Quintin	Fridays	10am-12pm	2013: 27 Sep-18 Oct 2014: 24 Jan-14 Feb
Violet Melchett	Fridays	1-3pm	2013: 27 Sep - 18 Oct 2014: 24 Jan - 14 Feb
Holmfield House	Fridays	1-3pm	2013: 27 Sep - 18 Oct 2014: 24 Jan - 14 Feb
St Cuthbert's	Tuesdays	10am-12pm	2013: 01-22 Oct 2014: 21 Jan -11 Feb
Clare Gardens	Wednesdays	1-3pm	2013: 02-23 Oct 2014: 22 Jan-12 Feb
Cheyne	Wednesdays	10am-12pm	2013: 02 -23 Oct 2014: 22 Jan-12 Feb

Job Shop ©

Pop along to these monthly drop in sessions facilitated by a specialist Job broker who will be able to offer advice and guidance to help you with your search for your perfect job. Job search available, help with applications and updating CV's

St Quintin	Tuesdays	10am-12pm	2013: 24 Sep, 22 Oct, 26 Nov, 17 Dec 2014: 28 Jan, 25 Feb, 25 Mar
Chelsea Open Air	Fridays	1-3pm	2013: 27 Sep, 25 Oct, 29 Nov 2014: 31 Jan, 28 Feb, 28 Mar

Mumpreneur ©

Are you thinking of setting up your own business? Do you have an idea for a business but don't know how to turn it from an idea to a business? If the answer is yes, then join this four week course where you will discuss and learn specific areas of business such as writing a business plan, marketing, legal structures, idea construction, sales and branding.

Clare Gardens	Wednesdays	10am-12pm	11 Sep - 02 Oct 2013
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Nail and Beauty One day Courses ©

On successful completion of these courses you will be provided with an accredited certificate recognised by insurers and potential employers. We also encourage those candidates who wish to pursue a career in the Beauty industry to gain practical experience by volunteering at Destiny's Beauty Salon.

Essential Make Up Workshop ©

This course is designed for the complete beginner who is looking to start a career in make up artistry as well as those looking to improve on their own makeup and that of family and friends. The course will cover day and evening looks enabling you to provide glamour, and soft looks to your repertoire. The course focuses on hands on skill, the tutor will demonstrate and guide you through various looks and technique; you will follow under her direction.

Cheyne	Thursday	10am-3pm	21 Nov 2013
Maxilla	Friday	10am-3pm	28 Mar 2014

BACK TO WORK

Fit 4 Work ©

Are you thinking about getting a job? Are you ready to work? Are you confident about completing application forms? Is your CV good enough? If you would like help in any or all of these areas join this four to six week course where you will learn interview skills, presentation skills, update your CV and have the opportunity to look through and apply for jobs on our list of current vacancies.

You will also have the opportunity to access specific training to help you become Fit 4Work.

We have a wide range of Trade courses such as Kitchen Fitting, Painting & Decorating, Tiling. Please ask about other training opportunities

Violet Melchett	Mondays	1:30-3:30pm	28 Oct - 18 Nov 2013
Maxilla	Tuesdays	1-3pm	05 Nov - 03 Dec 2013
St Quintin	Tuesdays	1-3pm	18 Feb - 18 Mar 2014

Food Safety level 1 ©

Join this certified course which will include the following topics:

- Legislation
- Importance of food safety
- Cleaning, cooking, chilling and cross-contamination
- Personal hygiene

Violet Melchett	Wednesday	10am-2:30pm	16 Oct 2013
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Introduction to Counselling Skills ©

This course will provide an introduction to counselling for people who want to find out more and develop skills for personal or professional reasons. It includes the following topics:

- Developing a greater understanding of the counselling process and the skills involved
- Practicing and improving counselling skills
- Increasing understanding and awareness of human interaction
- Considering the key approaches to counselling

Violet Melchett	Wednesday	9:30-2:30pm	22 Jan 2014
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The Essential Baby Care Guide on sale in all Children's Centres

It presents 8 hours of warm & friendly expert led visual demonstrations on everything you need to learn to look after your baby, including Breastfeeding, Formula Feeding, Introducing Solids, Care, Health, Massage, Development, Sleeping, First Aid and Safety.

COURSES TO SUPPORT YOU AS A PARENT

School Ready Saturdays

Parents and children aged 2 to 8 years are invited to come along to these monthly sessions. Children and their parents aged 2 to 4 will enjoy the many activities offered within our Stay and Play session designed to support parents and children become school ready, painting, making, creating and exploring. And while you are spending time with your younger child, your older child/ren (5 to 8 years) can enter our **Communication Corner** supervised by trained staff. They will enjoy Activities and traditional games such as Ludo and I Spy all designed to support their personal, social and emotional skills.



Venue TBC	Saturdays	1:30-3:30pm	2013:21 Sep, 19 Oct, 16 Nov, 21 Dec 2014:18 Jan, 15 Feb, 15 Mar
Cheyne	Saturdays	10am-12pm	2013:21 Sep, 19 Oct, 16 Nov, 21 Dec 2014:18 Jan, 15 Feb, 15 Mar

Dad Power ©

This course has been designed by us specially for Dads/Male carers. We understand that sometimes parenting can seem 'easier for mums'. This two week workshop aims to increase your skills and confidence as a Dad. During the two sessions you will cover the following topics:

- The role of a Dad
- Child development
- Learning through play
- Understanding your child's behaviour/setting boundaries
- Strategies to change unwanted behaviour in your child
- Share useful tips and advice
- We hope that when you complete the course you will really will feel empowered, as well as understand what an important role you play in your child's life.

Chelsea Open Air	Saturdays	9:30am-2:30pm	8 and 15 Feb 2014
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COURSES FOR ADULTS AND CHILDREN TO DO TOGETHER

Family Film Sharing

Enjoy a family cinema experience with your children! For some children going to the cinema can be quite daunting so why not introduce your child to the wonderful world of film at your local children's centre? Please call nearer the time to see what film will be showing.

Clare Gardens	Wednesday	1-3pm	31 Jul 2013
Clare Gardens	Tuesday	1-3pm	06 Aug 2013
Chelsea Open Air	Tuesday	10am-12pm	29 Oct 2013
Clare Gardens	Tuesday	1-3pm	29 Oct 2013
Cheyne	Saturday	1:30-3:30pm	16 Nov 2013
Holmfield House	Saturday	10am-12pm	18 Jan 2014
Chelsea Open Air	Tuesday	10am-12pm	18 Feb 2014
Clare Gardens	Wednesday	1-3pm	19 Feb 2014

Family Films at Portobello Film Festival

Films shown will be advertised closer to the date on

www.portobellobelfilmfestival.com/

Pop Up Cinema, 3 Acklam Road, W10 5TY

Pop Up Cinema	Saturday	2:30-4:30pm	31 Aug 2013
Pop Up Cinema	Sunday	2:30-4:30pm	01 Sep 2013
Pop Up Cinema	Saturday	2:30-4:30pm	07 Sep 2013
Pop Up Cinema	Sunday	2:30-4:30pm	08 Sep 2013



BACK TO WORK

Business Start Up ©

Are you thinking of setting up your own business? Do you have an idea for a business but don't know how to turn it from an idea to a business? If the answer is yes, then join this four week course where you will discuss and learn specific areas of business such as writing a business plan, marketing, legal structures, idea construction, sales and branding.

Cheyne	Wednesdays	1:30-3:30pm	13 Nov - 04 Dec 2013
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Capital Parents ©

We have designed this course specifically for parents and carers who wish to volunteer within our children's centres. Previous students on this course are now volunteering within Children's Centres, the Early Years Service or have gone on to find paid employment following a period of volunteering.

The course is a level one accredited course and covers

- Working with parents, confidentiality, personal values, professional relationships
- Setting up and running a children's centre group – objectives, key roles and responsibilities, promoting your group, session planning and evaluation
- Understanding how children develop and learn, early years foundation stage, designing and making educational play activities
- First Aid, Safeguarding, Health & Safety, Risk assessments

On completion of the course you will also be invited to join our Volunteer Support Group who meet six weekly and take part in on going training.

Cheyne	Fridays	9:30am-2:30pm	15 Nov - 13 Dec 2013
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GOALS ©

Two day programme which will support you to develop the personal resources and skills you need to achieve meaningful goals.

It will be give you the opportunity to change your life forever!

The workshop helps you to learn practical ways to improve your life.

People just like YOU have used this workshop to create success in their lives.

Cheyne	Thursday and Friday	9:30am-3:30pm	27 and 28 Feb 2014
Holmfield House	Thursday and Friday	9:30am-3:30pm	13 and 14 Mar 2014

COURSES FOR A HEALTHY LIFESTYLE

Fathers' Football Club

Are you as good as Messi, Ronaldo or Xavi? Can you bend it like Beckham? Or do you just want to keep fit and have fun playing your favourite sport?

You can register to join our Fathers football Club by popping into your local children's centre or emailing info@solidaritysports.org
Every week from September to March except school holidays and bank holidays.

Westway Sports Centre 1 Crowthorne Road W10 6RP	Fridays	8-9pm	Every week except half term and bank holidays
St Luke's Church Sydney Street, SW3 6NH	Mondays	7-8pm	Every week except half term and bank holidays

Women's Circle ©

This is an only women activity where women can come together and talk. It is about local women supporting each other in pregnancy, birth, early motherhood and beyond. We would like to create an empathic, calm, enriching environment where we share experiences, knowledge and skills with one another.

Holmfield House	Saturdays	10am-12pm	2013: 21 Sep, 19 Oct, 16 Nov, 21 Dec 2014: 18 Jan, 15 Feb, 15 Mar
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Yoga Bugs

Yoga can have a major and positive impact in helping children in terms of their physical, mental and emotional development. It is also a fun and exciting activity for 2-5 year olds that has so many physical and emotional benefits: Improves concentration, strengthens muscles, improves co-ordination, increases body awareness, improves flexibility, improves self confidence, releases day to day anxieties, improves memory retention and learning ability, aids relaxation & sleep. Discover all the benefits, joining this 6 week course!

Worlds End Under Fives	Wednesday	10:30-11:30am	Taster Session: 7 Aug 2013
Chelsea Open Air	Friday	10:30-11:30am	Taster Session: 9 Aug 2013
Worlds End Under Fives	Thursdays	1-2 pm	19 Sep-24 Oct 2013
Chelsea Open Air	Fridays	9-10 am	17 Jan-21 Feb 2014

COURSES FOR ADULTS AND CHILDREN TO DO TOGETHER

Music Workshops

Sign up for a four week interactive music workshop where you and your child will use instruments and music to express yourselves. Dancing, skipping, jumping, banging, shaking, laughing and listening. A wonderful way for you and your child to find new ways to communicate.

Music & Story

You and your child will use musical instruments to bring stories to life. Bang drums in the jungle, shake maracas like a snake. Some of your child's favourite stories brought to life using music.

Clare Gardens	Wednesdays	10-11am	07 Aug - 28 Aug 2013
Holmfield House	Wednesdays	3-3:45pm	07 Aug - 28 Aug 2013
Cheyne	Thursdays	1:30-2:15pm	19 Sep - 10 Oct 2013
Chelsea Open Air	Fridays	9:30-11am	15 Nov - 06 Dec 2013
World's End under Fives	Fridays	1:15-2pm	15 Nov - 06 Dec 2013

Music and Drama

You and your child will use your imagination and the magical art of pretending to create new experiences. Stretch up tall like a tree, wave like the ocean, crawl like a crab.....Let your imagination run wild!

Holmfield House	Wednesdays	2-2:45pm	07 - 28 Aug 2013
Cheyne	Thursdays	2:15-3pm	19 Sep - 10 Oct 2013

Music and Movement

You and your child will use your whole bodies to express yourselves. Clapping, stomping, dancing, jumping, spinning. Together you and your child will experience the freedom of expression, use your bodies to create new shapes and styles.

Maxilla	Thursdays	10-11am	19 Sep - 10 Oct 2013
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Music and Making

During this four week workshop, you and your child will use everyday objects found in the home to make musical instruments. Make and play your instrument in class then take it home for more fun.

Chelsea Open Air	Fridays	9:30-11am	7 - 28 Mar 2014
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COURSES FOR ADULTS AND CHILDREN TO DO TOGETHER

Zumba classes for children

Using a specially designed child friendly version of the Zumba dance technique, children aged three to five years will enjoy these weekly fun and energetic dance classes. Dance helps your child to have fun, improve coordination and keep fit and healthy. Parents will need to stay with their children during these sessions. Don't just watch join in, and then you and your child can enjoy Zumbatonic at home too.

World's End Under Fives	Tuesdays	10-11am	24 Sep - 22 Oct 2013
Chelsea Open Air	Tuesdays	2-2:45pm	24 Sep - 22 Oct 2013

Baby Massage

Baby massage is gentle, rhythmic stroking of your baby's body with your hands. The soothing strokes of your hands stimulate the production of the feel-good hormone oxytocin in you and your baby. There are lots of ways baby massage can benefit not just your baby, but you and your partner as well. Massage can be particularly good for premature babies (Field et al 2010, Vickers et al 2004), helping them to grow and thrive. But massage is good for full-term babies too. In fact, all small children can benefit from massage. Massage may help your baby to; strengthen their attachment to you, stay relaxed and not get upset; cry less; sleep better.

Holmfield House	Tuesdays	11am-1pm	17 Sep - 08 Oct 2013
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As well as Baby Massage we are also able to offer the following specialist massage courses. If you would like to attend one of the courses below, please let your local children's centre know. We need a minimum of six families to run a specialist course.

Toddler Massage - Massage for Children with Specific Needs - Massage for Premature Babies

Dancing for Mums and Children

This course is for parents and children to learn some basic dance routines that they can enjoy at home, in the park or wherever they choose to dance. Dancing is a highly physical activity, and children and is good for promoting physical health. Dancing is a very good way to increase your child's flexibility, range of motion, physical strength and stamina.

Chelsea Open Air	Tuesdays	2-2:45pm	14 Jan - 11 Feb 2014
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COURSES FOR A HEALTHY LIFESTYLE

Rainbow Workshops

Bring your little ones along to this two part workshop where they will learn all about fruit and vegetables and why they are good for their bodies. The Rainbow Fairy will encourage your children to enjoy fruits and vegetables.

World's End Under Fives	Monday	10-11am	4 and 18 Nov 2013
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Nutrition Workshops for Parents/Carers ©

This two hour interactive workshop will introduce you to the key elements of providing a nutritionally balanced diet for your child. Learn fun facts about commonly eaten fruit and vegetables to help you convince your children to eat them all up!

World's End Under Fives	Monday	1-3pm	2 Dec 2013
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Safeguarding workshops ©

This two hour workshop will look at 'what is safeguarding'? How to keep you and your family safe. What you can do if you are worried about the safety of you, your child or somebody else. The workshop will also discuss some common practices that organisations use to protect you and your family, such as signing in to buildings, registration forms, policies about mobile phones. There will also be an opportunity at the end of the session to talk to the tutor in private about any specific queries or where to go for more advice.

St Cuthbert's	Tuesday	10am-12pm	03 Dec 2013
Clare Gardens	Thursday	10am-12pm	05 Dec 2013
Cheyne	Monday	10am-12pm	03 Feb 2014
Holmfield House	Wednesday	10am-12pm	05 Feb 2014

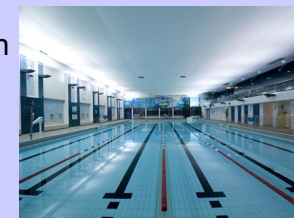
Dads' Swimming

An opportunity for dad's/male carers to enjoy some quality time with their children. The Sunday Swim is available at Chelsea Sports Centre, Chelsea Manor Street, SW3 5PL.

Dads and two children under eight years of age can enjoy fun in the pool, each Sunday between 1 and 3pm.

To access this activity you will need to go to your local children's centre where they will issue you with a voucher that will be valid for the forthcoming Sunday.

Please note for safety reasons the centre's rule is that an adult can take a maximum of two children under eight into the pool.



COURSES FOR A HEALTHY LIFESTYLE

Cook and Taste ©

Help to give your child the best start in life by learning about the foods children need to grow up healthy and happy. During this six week course you will learn about and cook some healthy and tasty meals for your whole family. learn about nutrition and how to deal with your child's 'fussy eating habits'. Learn about food labels and what they mean. Best of all meet other parents and make friends. You will be invited back six weeks after the course for a celebration event and recap on the lessons you have learnt as well as discuss any challenges you may have had introducing new foods to your family.

St Quintin	Tuesdays	1:30-3:30pm	17 Sep - 22 Oct 2013 Celebration: 17 Dec 2013
Clare Gardens	Tuesdays	1:30-3:30pm	05 Nov - 10 Dec 2013 Celebration: 04 Feb 2014
St Cuthbert's	Tuesdays	1:30-3:30pm	05 Nov - 10 Dec 2013 Celebration: 04 Feb 2014
Holmfield House	Tuesdays	1:30-3:30pm	07 Jan - 11 Feb 2014 Celebration: 08 Apr 2014
Cheyne	Thursdays	1:30-3:30pm	09 Jan - 13 Feb 2014 Celebration: 10 Apr 2014

First Aid (Accredited by British Red Cross) ©

This is an essential course for all parents. This one day workshop will teach you basic life saving skills specifically for babies and infants. The workshop covers how to care for conscious and unconscious casualties including seizures, resuscitation (CPR), choking, shock and dealing with severe blood loss and applying bandages.

Maxilla	Tuesday	9:30am-1pm	17 Sep 2013
World's End Under Fives	Tuesday	12-3:30pm	15 Oct 2013
Holmfield House	Friday	9:30am-1pm	17 Jan 2014
Cheyne	Monday	9:30am-1pm	27 Jan 2014

Stress busting ©

This workshop will help you to identify stress and develop ways to manage and reduce it. This relaxing, fun, informal workshop will cover topics such as understanding stress, assessing stress levels, stress relievers and devising personal action plans to help you manage stress in the future.

Violet Melchett	Wednesday	9:30am-2:30pm	9 Oct 2013
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COURSES TO GAIN A NEW SKILL AND MAKE NEW FRIENDS

Aromatherapy for you 1 ©

Using techniques from Holistic Massage, Aromatherapy and Indian Head Massage this three week course will support you to learn the techniques of Aromatherapy and Massage for safe use at home. Some of the benefits of Aromatherapy massage can be: pain relief, relaxation of tired and stressed muscles, improvement of blood and lymph circulation, stress and anxiety control, general physical and mental revitalization. You will need to pay £5 for the Aromatherapy starter kit.

Violet Melchett	Mondays	1-2:30pm	30 Sep - 14 Oct 2013
Clare Gardens	Tuesdays	1-2:30pm	7 - 21 Jan 2014

Aromatherapy for you 2 ©

Is for those who have enjoyed Aromatherapy for you1 and want to learn more about aromatherapy massage and how to blend oils. You will learn about the theory of natural remedies and the concept of prevention versus cure. There will also be opportunity to discuss self employment and further training pathways.

You will need to pay £5 for the Aromatherapy advanced kit.

Cheyne	Mondays	1-2:30pm	4 - 18 Nov 2013
St Quintin	Tuesdays	1:30-3pm	21 Jan - 11 Feb 2014

Cake Decorating ©

From Cup Cakes to tiered cakes! this very popular workshop will teach you how to decorate cakes using different skills such as modelling, piping, torting. You will use different materials such as flower paste, modelling paste, pastillage and Mexican paste techniques hopefully you will develop the skills and confidence so that in the future you are able to decorate your child's birthday cakes!



Clare Gardens	Mondays	10am-12pm	4 Nov - 9 Dec 2013
Chelsea Open Air	Tuesday	1:30-3:30pm	5 Nov 2013
Maxilla	Friday	10am-3pm	6 Dec 2013
Holmfield House	Saturday	10am-12pm	15 Feb 2014
Cheyne	Saturday	1:30-3:30pm	15 Feb 2014
St Cuthbert's	Tuesdays	10am-12pm	25 Feb - 25 Mar 2014
COA	Tuesday	1:30-3:30pm	11 Mar 2014

COURSES TO GAIN A NEW SKILL AND MAKE NEW FRIENDS

DIY ©

This two day workshop aims to equip you with the skills to safely carry out basic maintenance and practical tasks such as changing a plug, using a power drill, hanging shelves. If there is a project you wish to undertake and don't know where or how to start, ask our very experienced tutors who can also give you tips and advice.

St Quintin	Monday and Tuesday	9:30am-3pm	2 - 3 Dec 2013
Cheyne	Wednesday and Thursday	9:30am-3pm	12 - 13 Mar 2014

Face Painting for Beginners ©

This course will introduce you to Face painting. It provides product knowledge and general information about product and equipment supplies. The course will give you basic application techniques and design skills. At the end of the day you will leave with the knowledge of how to paint at least 6 faces. Information will be given on how to develop these basic faces and to extend your repertoire.

Holmfield House	Friday	10am-3pm	12 Jul 2013
Cheyne	Tuesday	10am-3pm	10 Sep 2013

Face Painting for Improvers ©

This course is for those parents who enjoyed the beginners course and wish to learn more, maybe extend their knowledge so they can develop their own face painting business. This course will include additional design ideas, including shaping of the face, more advanced blending techniques as well as further brushwork skills. We will also briefly look at products and there will be an opportunity to discuss business models including insurance, marketing your business.

Clare Gardens	Tuesday	10am-3pm	17 Sep 2013
Cheyne	Wednesday	10am-3pm	25 Sep 2013

Knitting ©

Learn the basic techniques to produce a simple knitted item and to feel confident to continue learning other techniques by following written instructions. You will feel more confident after finishing the classes as you will be able to produce a knitted item by yourself. You will need to pay £5 for the Knitting Starter Kit.

Clare Gardens	Mondays	10am-12pm	09 Sep - 14 Oct 2013
St Cuthbert's	Tuesdays	1-3pm	14 Jan - 11 Feb 2014
Clare Gardens	Mondays	10am-12pm	24 Feb - 31 Mar 2014
Cheyne	Monday	1-3pm	03-31 Mar 2014
Chelsea Open Air	Wednesday	1:30-3:30pm	19 Feb - 26 Mar 2014

COURSES TO GAIN A NEW SKILL AND MAKE NEW FRIENDS

Intro to French ©

This course is designed for anyone who has little or no knowledge of the French language and would like to begin to converse in French. You will learn how to greet people and introduce yourself, how to order food and drinks and count from 1 to 30 as well as the days of the week and months of the year. Children aged 4 years are welcome to join this course. Learning a new language at any age offers vast opportunities and pleasure.

Clare Gardens	Wednesdays	1-3pm	06 Nov - 04 Dec 2013
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Motherhood project / exhibition

We are very pleased to welcome Kensington Mums into our Children's Centres to replicate their very successful Motherhood Project that can be viewed at <http://www.kensingtonmums.co.uk/kmblog/index.php/archives/5129> Visit Kensington Mums at one of the sessions below and tell your story, this will be captured using, video, camera, chalk board and pictures. The Exhibition will form part of our annual International Women's Day event in March 2014.

Cheyne ©	Friday	10-11am	27 Sep 2013
Clare Gardens (Action, songs and Rhymes)	Friday	10-11am	25 Oct 2013
Violet Melchett (Stay and Play)	Friday	10-11am	29 Nov 2013
Holmfield House ©	Friday	10-11am	13 Dec 2013
Chelsea Open Air (Stay and Play)	Wednesday	10-11am	22 Jan 2014

Sew Friendly ©

An introduction to hand stitching while meeting other parents. At the end of the five week workshop, you will have made some hand-stitched items for yourself or your children and will have had the opportunity to develop the confidence to continue sewing at home.

St Cuthbert's	Tuesdays	1-3pm	25 Feb - 25 Mar 2014
St Quintin	Tuesdays	10am-12pm	25 Feb - 25 Mar 2014

Sew Friendly 2 ©

This is a 5 week follow up advanced workshop involving another sewing Project. It is aimed at those who have already done the Sew Friendly introductory course or who have done hand stitching and sewed before.

Clare Gardens	Wednesdays	10am-12pm	26 Feb - 26 Mar 2014
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